



Get Strong! Get Fit in 2014!

Lap Swimming

Lap Swimming is a very popular form of aerobic exercise and is a wonderful way to help meet your fitness goals. Please note that this program is intended for Lap Swimming only. Any other type of open swim or play is NOT permitted.

SEASON: Monday-Thursday, 6/16-8/21, Saturday, 6/14-10/4 (Pool closed 7/5, 8/30)

DAYS & TIMES: Monday-Thursday, 7-8:45 am, 8:10-9:10 pm
Saturday, 7:45-8:45 am

FEE: \$2 per visit or \$70 per person for unlimited season pass



Water Exercise Classes

Want a great aerobic and strength training workout with zero impact to your joints? Jump in the pool and dive into this class! Use the natural resistance of the water to get your heart healthy and your body toned.

SEASONS: Monday-Thursday, 6/16-8/21 and Saturday, 9/6-10/4

DAYS & TIMES: Monday-Thursday, 7:45-8:45 am; Monday and Wednesday, 8:10-9:10 pm;
Saturday, 7:45-8:45 am

FEES: Best Value! \$70 Flex Pass* or \$4 per class drop-in

*Flex Pass allows participant to attend any 20 classes. (NO refunds for unused classes.)

**Water Exercise Classes and Lap Swimming held at the
Michael D. Antonovich Aquatic Center, Covina Park, 301 N. Fourth Avenue**

If you have any questions, please stop by the Covina Parks and Recreation office,
1250 N. Hollenbeck Avenue or call (626) 384-5340.

**Parks
Make
Life
Better!**

Office hours: Monday-Thursday and alternate Fridays, 10 am-5:45 pm.
(Open Fridays 5/30, 6/13, 6/27, 7/11, 7/25, 8/8, 8/22, 9/5, 9/19, 10/3)

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Lap Swim and Aqua Aerobic Flyer - [Click Here](#)